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EPP0256

Epigenetic mechanisms and stress coping in mood disorders

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Introduction: Experimental data from both clinical and preclinical studies have unequivocally shown positive correlations between stress and depression, stress, depression and epigenetic changes.

Objectives: The aim of this research is to analyze clinical trials on coping mechanisms and their interaction with epigenetic mechanisms in patients with mood disorders. Generally, we studied the interaction between these two mechanisms and its effects on the onset, recurrence and progression of these disorders.

Methods: 109 articles were analyzed, of which 37 were considered relevant. 72 studies were excluded based on titles and abstracts. Regarding the coping mechanisms, 10 longitudinal and cross-sectional studies were selected. Longitudinal studies are defined here by a follow-up period longer than 6 months.

Results: There is a consistent association in the literature between the degree of methylation of the NR3C1 gene, stress and affectivity disorders. The analyzed studies showed that methylation of the NR3C1 gene is associated with both stress and mood disorders. FKBP5 influences glucocorticoid receptor sensitivity and stress response. SLC6A4 gene methylation has been systematically associated with stress and affectivity disorders. Higher BDNF methylation has also been found in people who report high levels of stress at work. The data collected suggest that SKA2 methylation may serve as a biomarker for certain features of depression, such as suicidal ideation, and is not directly involved in the etiology of mood disorders.

Conclusions: The results suggest that environmental stress and adversity in early childhood may change biological systems through epigenetic mechanisms and have long-term consequences, increasing the risk for unfavorable prognosis of mood disorders.

Disclosure: No significant relationships.

Keywords: mood disorders; stress; coping; epigenetic

EPP0257

The association between social support and antenatal depressive and anxiety symptoms among Australian women

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Introduction: Antenatal depression and antenatal anxiety adversely affect several obstetric and foetal outcomes, and increase the rate of postnatal mental illness. Thus, to tackle these challenges the need for social support during pregnancy is vital.

Objectives: This study examined the association between domains of social support and antenatal depressive and anxiety symptoms among Australian women.

Methods: Our study used data obtained from the 1973–78 cohort of the Australian Longitudinal Study on Women’s Health (ALSWH), focusing upon women who reported being pregnant (n=493). Depression and anxiety were assessed using the Center for Epidemiological Studies Depression (CES-D-10) scale, and the 9-item Goldberg Anxiety and Depression scale (GADS) respectively. The 19 item-Medical Outcomes Study Social Support index (MOSS) was used to assess social support. A binary logistic regression model was used to examine the associations between domains of social support and antenatal depressive and anxiety symptoms.

Results: After adjusting for potential confounders, our study found that the odds of antenatal depressive symptoms was about four and threefold higher among pregnant women who reported low emotional/informational support (AOR=4.75; 95% CI: 1.45, 15.66; p=0.010) and low social support (overall support) (AOR: 3.26, 95%CI: 1.05, 10.10, p=0.040) respectively compared with their counterpart. In addition, the odds of antenatal anxiety symptoms was seven times higher among pregnant women who reported low affectionate support/positive social interaction (AOR=7.43; 95% CI: 1.75, 31.55; p=0.006).

Conclusions: Low emotional support and low affectionate support have a significant association with antenatal depressive and anxiety symptoms respectively. As such, targeted screening of expectant women for social support is essential.

Disclosure: No significant relationships.

Keywords: Pregnancy; social support; anxiety symptoms; depressive symptoms

EPP0259

The association between long term intake of ultra-processed foods and recurrence of depressive symptoms in the Whitehall II cohort

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Introduction: High amounts of Ultra-Processed Foods (UPF) characterized Western type diet and have recently been associated with adverse cardio-metabolic outcomes. The extent to which UPF intakes affect Depressive Symptoms (DepS) in non-Mediterranean countries remains uninvestigated.

Objectives: We aimed to study whether long-term intake of UPF over adult life 1) is associated with subsequent recurrence of DepS assessed over 13 years of follow-up and 2) contribute to explain the diet quality-DepS associations already established.